

## EXERCISE WITHIN PHYSICAL THERAPY FOR MINIMISING DEPRESSION IN ELDERLY

Davy Vancampfort<sup>1,2,\*</sup>, Filip Bouckaert<sup>1</sup>, Cindy Teixeira Mota<sup>1,2</sup>, Marc De Hert<sup>1</sup>, Michel Probst<sup>1,2</sup>

<sup>1</sup>University Psychiatric Centre Catholic University Leuven, campus Kortenberg, Kortenberg, Belgium

<sup>2</sup>Catholic University Leuven, Faculty of Kinesiology and Rehabilitation Sciences, Leuven, Belgium

\*Corresponding author. University Psychiatric Centre Catholic University Leuven, Campus Kortenberg, Leuvensesteenweg 517, B-3070 Kortenberg, Belgium. Tel.: +32 2 758 05 11; Fax: +32 2 759 9879. E-mail address: Davy.Vancampfort@uc-kortenberg.be

### SPECIAL INTEREST REPORT

**Purpose and relevance:** The prevalence of depression in elderly is high, treatment is inadequate, it creates a substantial burden and is a public health priority for which exercise has been proposed as a therapeutic strategy. The aim of this presentation is to discuss an evidence-based physical activity guideline for older people.

**Description and evaluation:** Systematic review of randomized controlled trials of exercise for depression in older people.

**Conclusions:** In older people exercise has short-term positive outcome for depression or depressive symptoms, although more research is needed to define the optimal mode, intensity and duration. Medium- to long-term effects of intervention are less clear.

**Implications:** The current scientific evidence suggests that, for older people who present with clinically meaningful symptoms of depression, prescribing structured exercise within physiotherapy programmes will reduce depression severity.

**Keywords:** physical therapy, depression, elderly

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